

### **Apricot Almond Bars**

½ cup plus 2 tablespoons butter  
1/3 cup granulated sugar  
½ teaspoon almond extract  
1/8 teaspoon salt  
1½ cups flour

½ cup apricot or any flavor preserves  
½ cup powdered sugar  
¼ teaspoon almond extract  
2 – 2 ½ teaspoons fresh lemon juice  
¼ cup toasted almond (optional)\*

Beat butter, sugar and almond extract with an electric mixer until fluffy. Stir in flour. Dough will be stiff. Divide into four sections. Roll each section into a 9" log. Space at least 3" apart on cookie sheet. Using side of finger or handle of a wooden spoon, make a groove down center of each log about halfway into the log.

Bake in 375° preheated oven for 10 minutes. Remove and fill the groove with preserves. Return to oven and bake an additional 6-8 minutes or until golden.

Combine powdered sugar, 1/8 teaspoon almond extract and enough water to make a frosting that can be drizzled. Drizzle frosting over preserves while cookies are still warm. Sprinkle immediately with almonds. Cut into 1" bars with a sharp knife. Makes 36 bars.

To toast almonds, spread sliced almonds in a small shallow pan. Bake at 350° for about 5 minutes or until lightly browned. Almonds burn easily.

**Nutrition Analysis:** Each serving without almonds provides approximately 72 calories, 1 g protein, 10 g carbohydrates, 0 g fiber, 3 g fat, 9 mg cholesterol, 10 mcg folate, 0 mg iron, and 43 mg sodium.

### **Cake Mix Cinnamon Rolls**

1 9-ounce package white cake mix (Jiffy brand)  
1 cup whole wheat flour  
3 – 3 ½ cups bread flour  
2 packages quick rise yeast  
1 teaspoon salt  
2 cups warm (120-130°) nonfat milk

2 tablespoons butter, softened  
½ cup brown sugar  
2 teaspoons cinnamon  
1 ½ teaspoon vanilla  
4 – 6 teaspoons hot water

In large mixing bowl combine cake mix, whole wheat flour, 2 cups bread flour, yeast, salt and milk. Beat with electric mixer 3 minutes. Stir in enough additional bread flour to make a soft dough.

Turn dough onto a floured surface; knead 5 minutes or until smooth. Cover; let stand 10 minutes. Roll dough into a 12 x 20" rectangle. Spread with butter. Combine brown sugar and cinnamon; sprinkle over butter. Starting on the long side, roll dough (jelly-roll style). Slice into 18 sections and place on a greased pan. Cover; let rise until doubled, about 15 minutes. Bake at 375° for 15 minutes or until a golden brown. Place on a wire rack to cool.

Combine powdered sugar, butter, vanilla and enough hot water so that frosting is easy to spread.

**Nutrition Analysis:** Each frosted roll provides approximately 224 calories, 5 g protein, 41 g carbohydrates, 2 g fiber, 4 g fat, 4 mg cholesterol, 62 mcg folate, 2 mg iron, and 256 mg sodium.